

vegetarian times

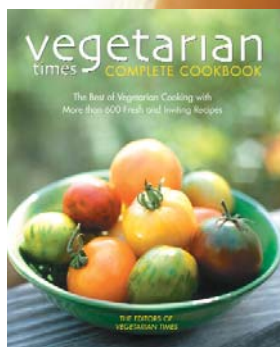
eat great,
lose weight

12 FABULOUS
RECIPES

250 CALORIES,
TOPS


10 GRAMS OF FAT
OR LESS

100% DELICIOUS

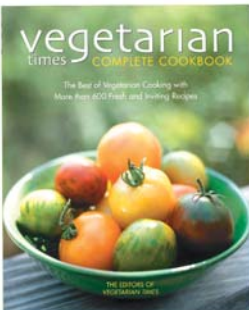


DYNAMITE DIET DISHES
FROM THE NEW VT COOKBOOK!

vegetarian times



THE NEW EDITION OF
vegetarian times
COMPLETE COOKBOOK
 THE EDITORS OF VEGETARIAN TIMES



Over 600 of our yummiest, easiest and most crowd-pleasing recipes are in this gorgeous 500-page cookbook—it's sure to become your newest old favorite. Thoroughly updated, the *2005 Vegetarian Times Complete Cookbook* is available now. Packed with tips, lists and charts, this book will make vegetarian cooking a breeze—for anyone.

- 30-minute meals for every time-stressed cook
- An entire chapter devoted to recipes your kids will eat
- Innovative uses of soy, beans and grains
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- Holiday menus that take the stress out of celebrating
- Party favorites, pastas and pizzas
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banana-applesauce muffins

Unlike most muffins, these nutritious treats are blessedly low in fat. If you prefer, substitute 1 cup fresh blueberries or 1 cup chopped fresh cranberries mixed with 3 tbs. granulated sugar for the bananas.

1¼ cups whole wheat flour
½ cup oat bran
¼ cup wheat bran
2 tsp. baking powder
1 Tbs. vegetable oil
¼ cup honey
1 large egg (or 2 egg whites), beaten
⅔ cup skim milk or soymilk
½ cup unsweetened applesauce
½ tsp. vanilla extract
2 medium ripe bananas, mashed

1. Preheat oven to 350F. Lightly grease muffin tins, and set aside.

2. Combine flour, oat bran, wheat bran and baking powder in bowl, and set aside.

3. Combine oil and honey in separate bowl, and mix well. Add egg, applesauce and vanilla, and whisk to blend. Add applesauce mixture to flour mixture, and mix until just blended. Do not overmix. Gently fold bananas into batter. Spoon batter into muffin tins.

4. Bake until muffins just begin to brown, 20 to 30 minutes. Remove from oven, and serve warm.



breakfast

SERVES 12

PER SERVING:

120 CAL.

3G PROT.

2G FAT

23G CARB.

18MG CHOL.

71MG SOD.

3G FIBER

SERVES 6

PER SERVING:

160 CAL.

9G PROT.

10G FAT

7G CARB.

215MG CHOL.

150MG SOD.

3G FIBER



italian omelet

Handsome yet hearty, this breakfast dish also works well for a casual supper or for a brunch entrée, especially accompanied by Italian bread, sparkling white wine and fresh fruit with cheese.

1 Tbs. pesto
1½ Tbs. olive oil
½ sweet bell pepper, diced
6 oz. sliced mushrooms
1½ cup quartered artichoke hearts, well-drained
6 large eggs, beaten
Salt and freshly ground black pepper to taste
2 Tbs. grated Parmesan cheese for garnish

- 1.** Preheat oven to broil.
- 2.** Heat pesto and olive oil in large skillet over medium heat. Add pepper and mushrooms, and sauté 5 minutes, or until mushrooms soften. Stir in artichoke hearts, and sauté about 1 minute more.
- 3.** Pour eggs over vegetables, tilting skillet so eggs uniformly cover vegetables. Cook eggs, lifting up edges and tilting pan so uncooked eggs run underneath. After about 5 minutes, when bottom and edges look firm, broil top of omelet until eggs brown and puff up. Remove from oven.
- 4.** To serve, sprinkle omelet with Parmesan cheese, and slice.

black bean and grilled vegetable tacos

This recipe can be made with leftover black beans or canned black beans (drained very well and mashed), but the instant black beans available in bulk or in packages have just the right taste and texture. The easiest way to grill the vegetables on an outdoor grill is to use a grill basket. It looks like a square metal bowl with lots of holes in it. This allows you to toss the vegetables freely without having them fall in the fire.

1½ cups instant black beans
2 zucchini
4 large carrots
2 green bell peppers
2 large yellow onions
1 tsp. salt
1 tsp. pepper
16 corn tortillas
2 cups salsa



- 1.** Prepare black beans according to package directions, or drain canned or leftover beans and mash lightly. Set aside, and keep warm. Heat grill to medium heat.
- 2.** Slice zucchini and carrots on a 3-inch-long diagonal in thin slices. Cut peppers and onions into strips. Grill all vegetables on grill or in grill skillet until soft and moderately charred. Season with salt and pepper. Keep warm.
- 3.** To serve, heat griddle over high heat, and grill tortillas until soft. Place large dollop of black beans in center of each tortilla, and top with ½ cup vegetables. Fold in half, and serve 2 per person, offering salsa on the side.

lunch / soup

SERVES 8

PER SERVING:
(2 tacos with salsa)

250 CAL.

10G PROT.

2.5G FAT

51G CARB.

0MG CHOL.

550MG SOD.

9G FIBER

SERVES 4

PER SERVING:

123 CAL.

3G PROT.

0.1G FAT

27G CARB.

0MG CHOL.

181MG SOD.

5G FIBER



creamy spinach soup

Puréed potatoes give this soup a rich taste and texture.

- 1 large onion, coarsely chopped**
- 3 potatoes, peeled and chopped**
- 3 zucchini, sliced**
- 1 Tbs. low-sodium soy sauce**
- 2 cups tightly packed fresh spinach leaves, rinsed**
- Freshly ground black pepper to taste**
- ⅓ cup trimmed enoki mushrooms, optional**

1. Put onion in large saucepan with ½ cup water. Cook and stir over medium-high heat until onion softens, about 3 minutes.

2. Add 5½ cups water, potatoes, zucchini and soy sauce. Bring to a boil. Reduce heat to low, cover, and cook 35 minutes. Add spinach and pepper, and cook 2 minutes more. Remove from heat.

3. Purée vegetables in batches in food processor or blender, until smooth. Return to pan, and stir in mushrooms, if using. Cook over medium-low heat until heated through, about 5 minutes. Serve hot.



pita crisps with spinach, red pepper and feta

The ever-useful pita bread converts into handy “crackers” for appetizers.

- 4 whole wheat pita rounds**
- 2 large cloves garlic, cut in half**
- 4 cups fresh spinach leaves, well rinsed**
- $\frac{1}{2}$ cup roasted red pepper strips**
- 3 Tbs. crumbled feta cheese**

1. Split pita rounds in half. Toast under broiler or in toaster. Rub each toasted pita half with garlic. Set aside.

2. Put spinach in large saucepan, and steam, covered, over medium-high heat about 3 minutes, or until leaves wilt. Remove from heat and, using tongs, squeeze out excess liquid.

3. Preheat oven to broil.

4. Arrange toasted pita halves on heatproof serving platter. Top evenly with spinach, red pepper strips and feta cheese. Broil, rotating platter once, until cheese begins to melt, about 2 minutes. Remove from oven, and serve.

appetizer

SERVES 8

PER SERVING:

82 CAL.

3G PROT.

2G FAT

16G CARB.

0MG CHOL.

197MG SOD.

3G FIBER

pasta with portobello mushrooms

Talk about fusion! This recipe combines Italian pasta and a French sauce, cooked in a Chinese wok.

- ¼ cup pine nuts**
- 2½ cups small dried pasta shapes**
- 2½ Tbs. olive oil**
- 8 oz. portobello mushrooms**
- 1½ tsp. salt**
- 6 cloves garlic, minced**
- 1 large red onion, thinly sliced**
- 1½ Tbs. minced fresh rosemary**
- ½ to 1 tsp. crushed red pepper**
- ¼ cup vegetable stock**
- ½ cup mirin or dry white wine**
- ½ cup Dijon mustard**



- 1.** Cook pine nuts in dry wok over low heat until lightly toasted, 2 to 3 minutes. Transfer to plate.
- 2.** Bring 2½ quarts of water to a boil in wok. Add pasta; cook until tender, 10 to 12 minutes. Drain.
- 3.** Heat 1½ Tbs. oil in wok over high heat; add mushrooms and 1 tsp. salt; stir-fry until tender, about 2 minutes. Transfer to bowl.
- 4.** Return wok to high heat; add 1 Tbs. oil, garlic and onion; stir-fry 1½ minutes. Add ½ tsp. salt, rosemary and pepper; stir-fry 1½ minutes. Add stock and bring to a boil. Reduce heat and cook, stirring, 2 minutes. Add to bowl.
- 5.** Return wok to high heat. Add mirin and mustard, and blend with wire whisk. Bring to a boil; add pasta and mushroom mixture, and cook 2 minutes. Toss in pine nuts, and serve.



SERVES 4

PER SERVING:

212 CAL.

8G PROT.

5G FAT

32G CARB.

0MG CHOL.

659MG SOD.

3G FIBER

barley-mushroom burgers

The batter for these “burgers” is very soft and runny, so turn the patties carefully, keeping the ingredients together. As the cheese cools, the patties firm up.

½ cup uncooked quick-cooking barley
1 large egg, well beaten
1 cup low-fat ricotta cheese
1 cup shredded cheddar cheese
1 cup minced mushrooms
¼ cup minced parsley
½ cup unseasoned bread crumbs
Salt and freshly ground black pepper to taste

- 1.** Cook barley according to package directions, and when cooked, remove from heat and set aside.
- 2.** . Meanwhile, combine egg, ricotta cheese, cheddar cheese, mushroom, parsley, breadcrumbs, salt and pepper. Stir barley into egg mixture.
- 3.** Spray large nonstick skillet or griddle with cooking spray. When hot, ladle about 1 cup of mixture onto hot skillet and cook until bottom becomes golden. Turn over, and cook until mixture is firm and cheese has melted. Remove from skillet, and set aside. Repeat with remaining mixture.



SERVES 6

PER SERVING:

136 CAL.

8G PROT.

0.8G FAT

26G CARB.

0MG CHOL.

145MG SOD.

8G FIBER

classic baked beans

Homemade baked beans take a bit of effort to make, but the payoff is grand. They're delicious at summer barbecues, of course, but yummy in cooler weather, too. Baked beans will keep up to 5 days in the refrigerator and they reheat beautifully in the microwave oven.

1½ cups dried great northern beans, rinsed and picked over (or 3 cups canned beans)
½ cup reserved bean-cooking liquid or water
1 Tbs. tomato paste
1 large yellow onion, sliced thinly
1 Tbs. cider vinegar
2 Tbs. molasses or maple syrup
1 tsp. dry mustard
Pinch cayenne or white pepper
Salt to taste

1. Put dried beans, if using, in large saucepan and add enough water to cover by 3 inches. Let soak for 8 hours or overnight. Drain, and discard soaking water.

2. Return beans to pot and add 3½ cups water. Bring to a boil, lower heat and simmer 2 to 2½ hours or until tender. Drain, reserving liquid. If using canned beans, let drain in colander set over bowl and reserve bean liquid.

3. Preheat oven to 350F.

4. Combine all ingredients in baking dish, and stir well. Cover, and bake 30 minutes. Uncover, and bake 30 minutes more.





baked potato and apples “anna”

This layered dish is a simple, satisfying mixture of apples, potatoes and onions.

2 large crisp, sweet apples, cored and sliced $\frac{1}{4}$ -inch thick
2 lb. red or white boiling potatoes, sliced $\frac{1}{4}$ -inch thick
2 to 3 tsp. vegetable oil
Salt and freshly ground black pepper to taste
1 red onion, chopped
Freshly grated nutmeg

1. Preheat oven to 350F. Oil bottom and sides of large, cast-iron skillet or baking dish.

2. Arrange layer of potatoes in skillet. Sprinkle with salt, pepper and half of the onions. Place layer of apples on top, using half of the apples. Repeat layers, ending with layer of apple slices. Sprinkle with nutmeg, and press down mixture with plate. Remove plate.

3. Bake until apples are tender and potatoes are crispy and brown, 35 to 40 minutes. Let cool 10 minutes before cutting into wedges. Serve warm.

side dishes

SERVES 6

PER SERVING:

208 CAL.

3G PROT.

2G FAT

45G CARB.

0MG CHOL.

190MG SOD.

5G FIBER

SERVES 2

PER SERVING:

81 CAL.

4G PROT.

2G FAT

12G CARB.

0MG CHOL.

456MG SOD.

8G FIBER

braised greens with vinegar and sesame seeds

Greens flavored with vinegar are a classic in the south; the acidity of the vinegar is a tasty complement to the naturally bitter greens. If beet greens aren't available, you can use collard greens, kale or dandelion greens instead.

¼ cup flavored vinegar such as red wine vinegar
1 clove garlic, minced
1 lb. beet greens, chopped coarsely
Pinch cayenne
1 Tbs. sesame seeds

1. Heat vinegar and garlic in nonaluminum saucepan over medium heat. Add greens, and cook until wilted, about 10 minutes.
2. Add ¼ cup water, cover and cook 2 minutes, adding more water as necessary to keep from sticking. Uncover, and cook until remaining liquid evaporates and greens are tender, adding water as necessary. (Exact timing depends on age and freshness of greens.)
3. Sprinkle with cayenne and sesame seeds before serving.



low-fat oatmeal cookies

These old-fashioned cookies have plenty of flavor without the fat. Remember, if you like crisp cookies, the browner they are, the crisper they are.

1 cup unbleached all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
2 Tbs. soy margarine, at room temperature
1 cup packed brown sugar
¼ cup applesauce
1 large egg or ¼ cup egg substitute
2 tsp. vanilla extract
1⅓ cups rolled oats
½ cup raisins

- 1.** Preheat oven to 375F. Line 2 baking sheets with baking parchment or spray with cooking spray, and set aside.
- 2.** Whisk together flour, baking powder, baking soda and salt in bowl.
- 3.** Put margarine in another bowl, and beat until fluffy. Add sugar and cream. Add applesauce, egg and vanilla, and beat 1 minute. Fold dry ingredients into applesauce mixture until well blended. Fold in oats and raisins. Drop dough by rounded tsp. onto baking sheets, about 2 inches apart.
- 4.** Bake 15 minutes, or until cookies are well browned on bottoms. Remove from oven and cool on wire racks.



desserts

MAKES 50

PER SERVING:

40 CAL.

1G PROT.

0.5G FAT

8G CARB.

5MG CHOL.

55MG SOD.

0G FIBER

SERVES 10

PER SERVING:

238 CAL.

6G PROT.

7G FAT (1 SAT FAT)

42G CARB.

0MG CHOL.

129MG SOD.

2G FIBER

ultimate chocolate “cheesecake”

This creamy “cheesecake” is lighter than conventional versions but just as satisfying.

- 1 cup chocolate graham cracker crumbs**
- ¼ cup ground blanched almonds (1 oz.)**
- 3 Tbs. sugar**
- 2 Tbs. soft spread or softened margarine**
- 19 oz. silken tofu (2⅓ cups)**
- 8-oz. tub tofu “cream cheese”**
- ½ cup fat-free chocolate topping or chocolate syrup**
- ¾ cup sugar**
- 2 Tbs. unsweetened cocoa powder**
- 1 tsp. vanilla extract**
- 1 tsp. fresh lemon juice**

- 1.** Preheat oven to 350F. Coat 8 ½-inch springform pan with cooking spray. Cover baking sheet with foil.
- 2.** Combine graham cracker crumbs, almonds and sugar in medium bowl. With fork, work in spread, finishing by using your fingertips. Press mixture evenly over bottom and part way up sides of springform pan. Refrigerate 30 minutes.
- 3.** Pour tofu into food processor. Add “cream cheese,” and puree until smooth. Add fudge sauce, sugar, cocoa, vanilla and lemon juice, and process until blended. Pour filling into crust. Tap pan on counter several times to release any air bubbles. Put pan on prepared baking sheet and put in center rack of oven.
- 4.** Bake 1 hour (center will still be wobbly). Turn off oven, and leave in oven with door closed, 1 hour. Transfer pan to wire rack and cool, 3 to 4 hours. Refrigerate at least 8 hours (cover with plastic wrap after 4 hours). If top of cake looks wet, before serving, blot it gently with paper towel. Transfer to serving plate, carefully remove side of pan, and serve.